


MASS. EA 10.2: G 94

A Guide to

UMASS/AMHERST



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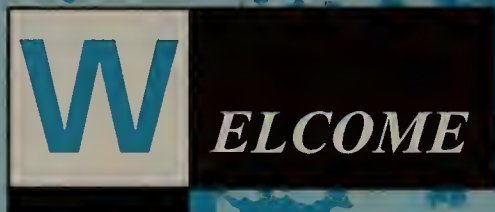


# Lakes and Ponds

in Massachusetts Forests  
and Parks



MASSACHUSETTS



Anywhere you go in Massachusetts, you won't be far from a lake or pond. Massachusetts' lakes and ponds are a precious resource that provide wildlife habitat, water supply, and a variety of recreational opportunities.

This Guide was developed by the Massachusetts Department of Environmental Management (DEM) and the Metropolitan District Commission (MDC) to introduce you to the lakes and ponds of the State Forests and Parks. DEM manages over 280,000 acres of open space from Cape Cod to the Berkshires, including the lakes described in this guide. The MDC manages the watersheds of the Quabbin, Wachusett and Sudbury Reservoirs, which supply water to 44 Massachusetts communities. In addition, the MDC manages parks and recreation areas in the metropolitan Boston area.

Whether you would like to visit a secluded forest pond for nature study or a sparkling lake for swimming and camping, we hope this guide will encourage you to explore and enjoy the lakes and ponds of Massachusetts!

#### **What's a Watershed?**

Did you know that you live in a watershed—that you have a “watershed address”? A watershed is the land from which water flows to a stream, river or lake. Some small watersheds drain into tiny ponds or streams. These small watersheds join together to form larger watersheds (or river basins), like the Connecticut River watershed, which has a drainage area of over 11,000 square miles.

The water quality of a lake or river can be impacted by any pollution occurring within its watershed. For this reason, watersheds are “nature's boundaries” for protecting water bodies. Massachusetts environmental agencies are working with citizens groups and local governments to protect our watersheds in a grass-roots effort called the *Watershed Initiative*. You can get more involved by calling one of the numbers at the end of this introduction.

Because we all live in a watershed, our daily activities—even those occurring miles away from a body of water—can create pollution that ends up in our lakes and rivers. On its way through a watershed, water may travel over city streets, suburban yards, forests and farmland where it picks up sediments, nutrients, chemicals and other pollutants. Once these pollutants reach a lake, they can cause lake problems such as algae blooms and fish kills.

#### **You're the Key to Protecting our lakes and ponds**

Did you know there are over 3,000 lakes and ponds in Massachusetts? Many of these water bodies were formed by glaciers 10,000 to 12,000 years ago, and each one provides habitat for a wide variety of animals and plants, both in the water and around its shores. Some small, quiet ponds are surrounded by forest, while others are large lakes which are popular for boating, swimming and fishing. Use this guide to explore the ecological and recreational diversity of the lakes and ponds of Massachusetts and find the ones you like best.



**A Lake watershed; A lake's watershed consists of all the surrounding land that drains into that lake. Watersheds are natural boundaries for planning and other activities affecting rivers, lakes and ponds.**

All of our lakes and ponds have one thing in common: You can play a key role in protecting them by helping to prevent pollution. Remember that each lake has a watershed, and what goes into the watershed can end up in the lake. Here are some of the problems our lakes face and what you can do to help:

- Many lakes are choked by nuisance aquatic weeds, which replace native vegetation and severely limit use of the lake. Help prevent the spread of these weeds by cleaning plant fragments off your boat and trailer after each use.
- Polluted runoff can enter lakes from storm sewers, construction projects, and malfunctioning septic systems. You can work with your neighbors and your town to identify and correct these problems.
- Runoff from fertilizers and pesticides that make your lawn and garden look good can add nutrients and chemicals to lakes, "feeding" unwanted aquatic weeds and algae, and harming aquatic wildlife. Apply chemicals sparingly, and leave a buffer zone of natural vegetation between your lawn and the lake to absorb any excess runoff.
- When hiking around lakes, help prevent erosion by staying on marked trails. Use a public beach, boat launch or marina for lake access. By concentrating recreational uses in designated areas, you protect the shoreline habitat elsewhere.

With everyone's help, we can keep our lakes clean and healthy for wildlife and recreational enjoyment.

**To learn more about lakes and how you can help protect them, contact:**

- Massachusetts DEM, Lakes and Ponds Program, (617) 727-3267, ext. 588
- Metropolitan District Commission, (617) 727-5114, ext. 530.
- Massachusetts Congress of Lake and Pond Associations (COLAP), (508) 429-5085



# Southeast Massachusetts

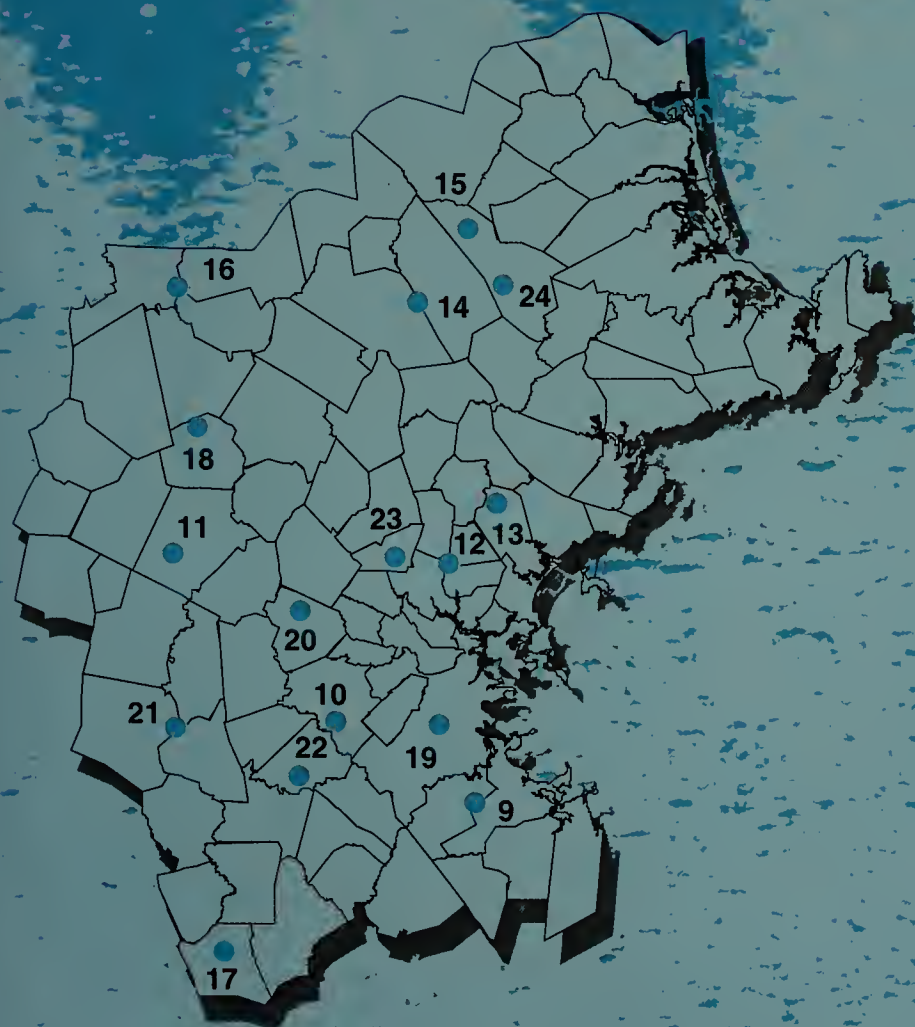
	Fishing	Swimming	Motor Boating	Non-motorized Boating	Hiking	Camping	Picnic Areas	Nature Study	Ice Skating
<b>1. Nickerson State Park, Rt. 6A, Brewster; (508) 896-3491</b>									
Cliff Pond (193 acres)	■	■	■	■	■		■		
Little Cliff Pond (33 acres)	■			■	■	■		■	
Flax Pond (48 acres)	■	■			■	■	■		
Higgins Pond (25 acres)	■			■				■	
Ruth Pond (8 acres)					■			■	
Keeler's Pond (4 acres)	■							■	■
<b>2. Myles Standish State Forest, Long Pond Rd., off Rt. 3, Carver; (508) 866-2580</b>									
Fearing Pond (24 acres)	■	■		■		■	■		
Charge Pond (18 acres)	■					■	■		
Curlew Pond (43 acres)	■			■	■	■			
Rocky Pond (20 acres)	■			■		■			
Barrett Pond (8 acres)	■		■			■			
Three Cornered Pond (18 acres)					■			■	
East Head Reservoir (86 acres)	■	■		■	■				
New Long Pond (23 acres)	■				■				
<b>3. Massasoit State Park, Middleboro Ave., Taunton; (508) 822-7405</b>									
Big Bearhole Pond (37 acres)	■		■	■			■		
Little Bearhole Pond (5 acres)					■			■	
Middle Pond (19 acres)	■	■	■	■	■				
Lake Rico (250 acres)	■			■	■				
<b>4. Borderland State Park, off Rt. 106 on Massapoag Ave., North Easton; (508) 238-6566</b>									
Lower Leach Pond (110 acres)	■			■	■				■
Upper Leach Pond (25 acres)	■			■	■				
Puds Pond (21 acres)	■			■	■				
<b>5. Wompatuck State Park, off Rt. 228, Hingham; (617) 749-7160, Rte. 3 to exit 14, left onto Rte. 228, follow signs</b>									
Holly Pond (3 acres)	■							■	
Boundary Pond (3 acres)								■	■
Picture Pond (1 acre)					■				
Heron Pond (3 acres)	■				■			■	
Woodpecker Pond (3 acres)					■				
Aaron Reservoir (75 acres)	■			■	■				
<b>Other Area Lakes:</b>									
6. Cleveland Pond (88 acres) Linwood St., Abington, Ames Nowell State Park; (617) 857-1336	■			■	■		■	■	
7. Turner's Pond (62 acres) New Bedford, Acushnet Cedar Swamp State Reservation; (508) 866-2580	■			■				■	
8. Little Pond (0.5 acres) Edgartown, Manuel F. Correllus State Forest; (508) 693-2540								■	



# northeast Massachusetts

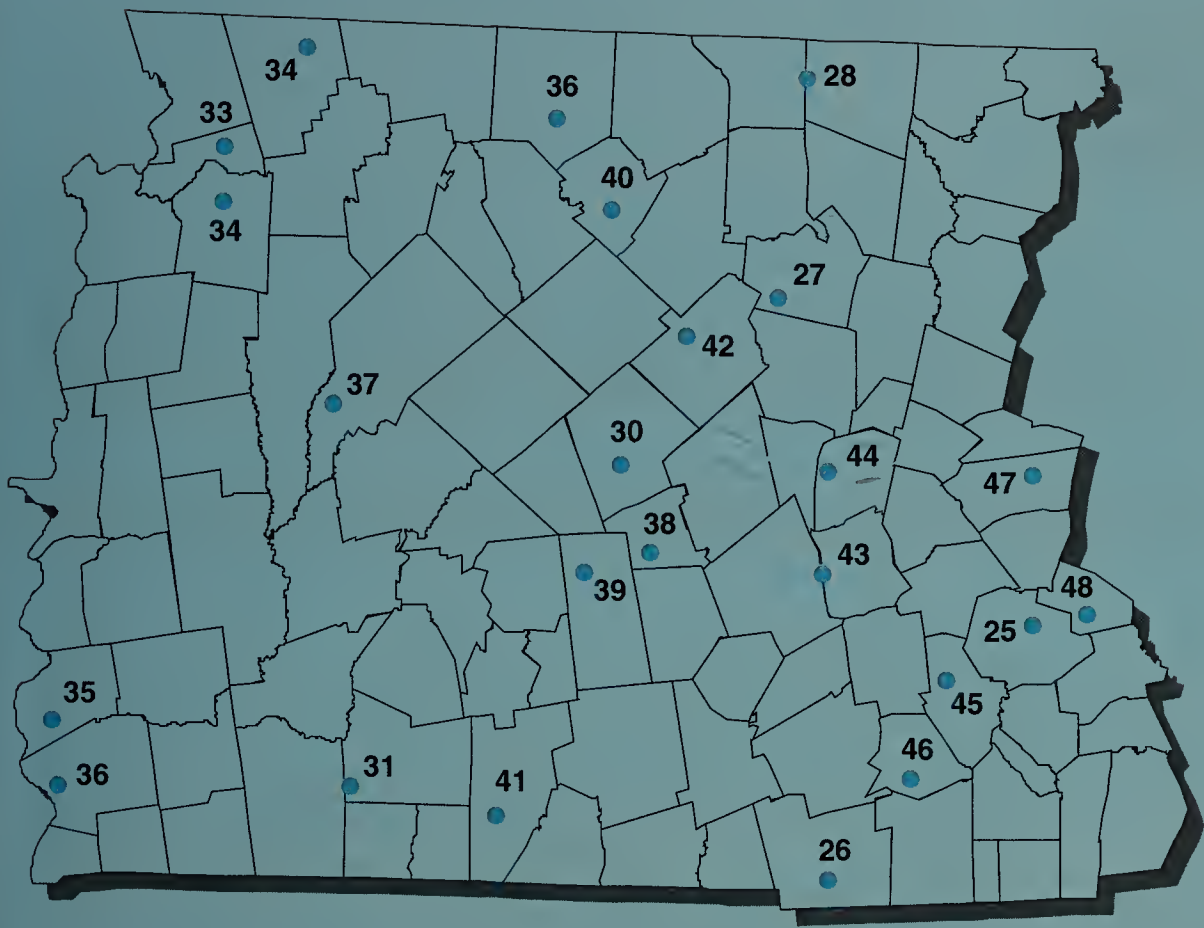
	Fishing	Swimming	Motor Boating	Non-motorized Boating	Hiking	Camping	Picnic Areas	Nature Study	Ice Skating
<b>9. Blue Hills Reservation, Exit 3 off Rte 128, Dedham/Quincy/Milton/Randolph; (617) 727-4573</b>									
Houghtons Pond (23 acres)	■	■					■	■	
Ponkapoag Pond (216 acres)				■	■		■	■	
Hillside Pond (3 acres)									■
St. Moritz Pond (7 acres)									■
<b>10. Hammond Pond Reservation, Rte. 9 to the Hammond Pond Parkway, Newton</b>									
Hammond Pond (10 acres)							■	■	
Lost Pond (0.5 acres)					■			■	
<b>11. Walden Pond State Reservation, Rt. 126, Concord; (508) 369-3254</b>									
Walden Pond (62 acres)	■	■		■	■		■	■	
Goose Pond (9 acres)					■			■	
<b>12. Middlesex Fells Reservation, Malden/Medford/Melrose/Stoneham/Winchester, (617) 662-5214</b>									
Quarter Mile Pond	■				■				
Long Pond	■				■				
Bellevue Pond	■				■				
Fellsmere Pond	■				■				
<b>13. Breakheart Reservation, Lynn Fells Pkwy, Saugus/Wakefield; (617) 233-0834</b>									
Pearce Lake (19 acres)	■	■			■		■		
Silver Lake (13 acres)	■				■				
<b>14. Harold Parker State Forest, Rt. 114, North Andover; (508) 686-3391</b>									
Frye Pond (6 acres)		■			■	■			
Berry Pond (4 acres)		■					■		
Stearns Pond (41 acres)	■			■	■		■	■	
Salem Pond (17 acres)					■				
Brackett Pond (18 acres)					■				
Collins Pond (7 acres)	■			■					
Field Pond (55 acres)	■			■	■				
Bradford Pond (14 acres)					■			■	
Sudden Pond (6 acres)					■			■	
Bear Pond (3 acres)					■			■	
<b>15. Boxford State Forest, Middleton Rd., North Andover; (508) 686-3391</b>									
Sharpners Pond (5 acres)					■			■	
Crooked Pond (6 acres)					■			■	
<b>16. Lowell/Dracut/Tyngsboro State Forest, Trotting Park Rd., Lowell; (508) 453-0592</b>									
Althea Lake (38 acres)	■	■		■					■
Scarlett Pond (3 acres)	■			■	■				■

	Fishing	Swimming	Motor Boating	Non-motorized Boating	Hiking	Camping	Picnic Areas	Nature Study	Ice Skating
<b>Other Area Lakes</b>									
17. <b>Stony Brook Pond</b> (38 acres) North St., Norfolk, Bristol Blake State Reservation; (508) 543-5850								■	
18. <b>Meadow Pond</b> (25 acres) Lowell Rd., Carlisle, Great Brook Farm State Park; (508) 369-6312	■			■	■		■		
19. <b>Turtle Pond</b> (7 acres) Turtle Pond Pkwy, West Roxbury, Stony Brook Reservation	■				■				
20. <b>Upper and Lower Mill Pond</b> Trapelo Rd., Waltham/Belmont, Beaver Brook Reservation; (617) 484-6357	■						■		
21. <b>Lake Cochituate</b> (614 acres) Rt. 30, Natick, Cochituate State Park; (508) 653-9641	■	■	■	■			■		
22. <b>Kendrick Pond</b> (44 acres) exit 19 off Rt. 128, Needham/Dedham, Cutler Park	■			■	■			■	
23. <b>Upper and Lower Mystic Lake</b> (167 and 111 acres) Mystic Valley Pkwy, Winchester; (617) 662-8370	■	■			■				
24. <b>Baldpate Pond</b> (66 acres) Baldpate Rd., Baldpate State Park, Boxford; (508) 887-5931	■			■					



	Fishing	Swimming	Motor Boating	Non-motorized Boating	Hiking	Camping	Picnic Areas	Nature Study	Ice Skating
<b>25. Hopkinton State Park, Rt. 85, Hopkinton; (508) 435-4303</b>									
Hopkinton Reservoir (176 acres)	■	■	■	■	■		■		
Whitehall Reservoir (575 acres)	■	■	■	■			■		
<b>26. Douglas State Forest, Wallum Lake Rd., Douglas; (508) 476-7872</b>									
Wallum Lake (322 acres)	■	■	■	■				■	
Wallis (Whitin) Reservoir (309 acres)	■			■				■	
<b>27. Leominster State Forest, Rt. 31, Leominster; (508) 874-2303</b>									
Crocker Pond (18 acres)	■			■					
Crow Hill Pond (11 acres)	■	■		■	■		■		
Paradise Pond (45 acres)	■			■	■				
Rocky Pond (18 acres)					■			■	
<b>28. Willard Brook State Forest, Rt. 119, Ashby and Townsend; (508) 597-8802</b>									
Damon Pond (1 acre)	■	■		■		■	■		
Pearl Hill Pond (3 acres)	■	■					■		■
<b>29. Otter River State Forest, Rt. 202, Balwinville; (508) 939-8962</b>									
Lake Dennison (80 acres)	■			■	■	■	■		
Beamon Pond (3 acres)	■	■					■		
<b>30. Rutland State Park, Rt. 122A, Rutland; (508) 866-6333</b>									
Long Pond (88 acres)	■	■		■					
Whitehall Pond (25 acres)	■	■		■			■		
<b>31. Brimfield State Forest, Rt. 20, Brimfield; (508) 347-9257</b>									
Dean Pond (10 acres)	■	■		■	■		■		
Woodman Pond (20 acres)	■								
Dearth Pond (5 acres)									
<b>32. Wendell State Park, Wendell Rd., Wendell; (413) 659-3797</b>									
Ruggles Pond (19 acres)	■	■		■	■		■		
Wickett Pond (30 acres)	■			■				■	

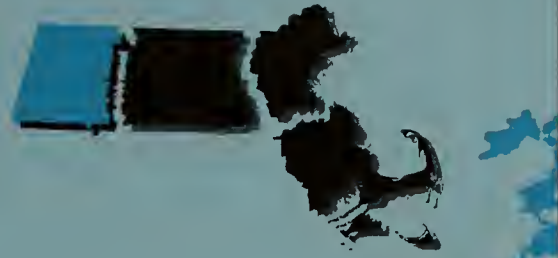
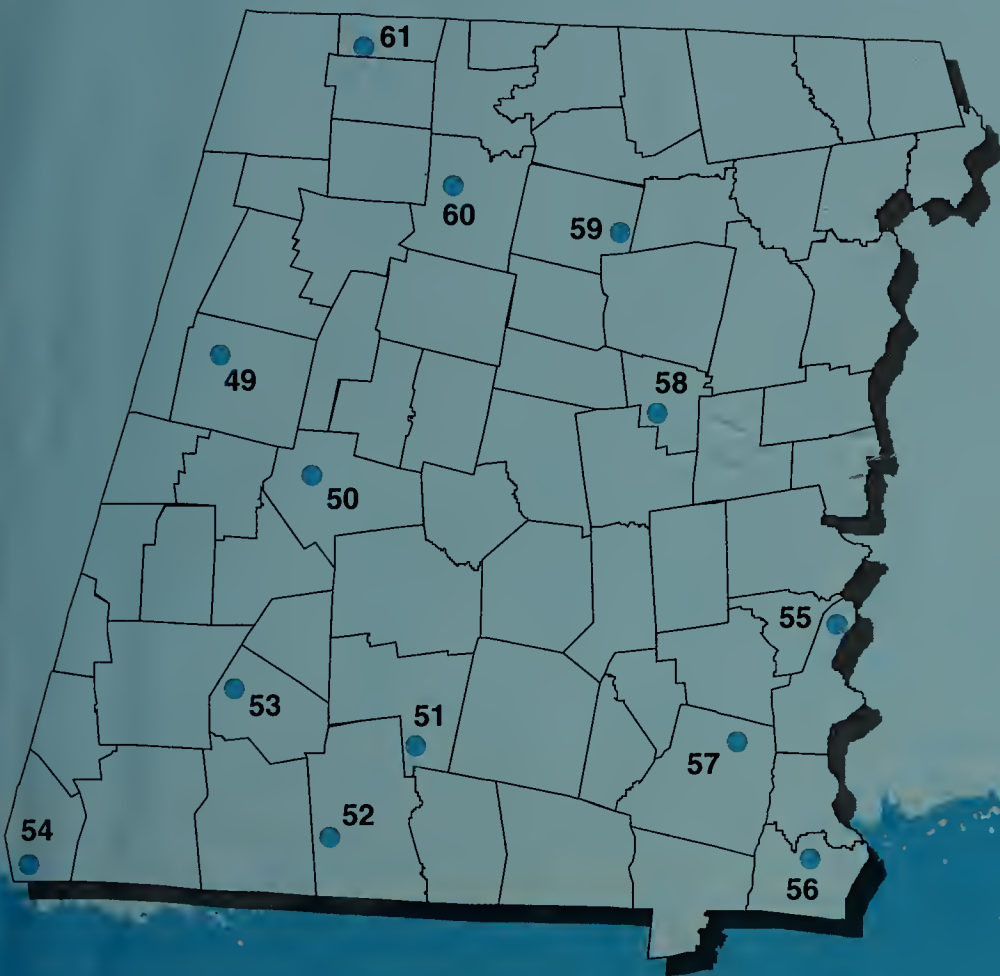




	Fishing	Swimming	Motor Boating	Non-motorized Boating	Hiking	Camping	Picnic Areas	Nature Study	Ice Skating
<b>Other Area Lakes</b>									
33. Laurel Lake (52 acres) Laurel Lake Rd., Erving, Erving State Forest; (508) 544-3939	■	■	■	■	■	■	■		
34. Sheomut Lake (33 acres) Athol Rd., Warwick, Warwick State Forest; (508) 544-6536	■	■		■					
35. Chicopee Reservoir (29 acres) Burnett Rd., Chicopee, Chicopee Memorial State Park; (413) 594-9416	■	■							
36. Lake Lorraine (30 acres) Lake Dr., Springfield, Lake Lorraine State Park; (413) 594-9416	■	■		■					
37. Quabbin Reservoir (25,000 acres, 18 miles long) Rt. 9, Belchertown/Ware; (413) 323-7221	■		■	■	■		■	■	
38. Eames Pond (74 acres) Pleasant St., Paxton, Moore State Park; (508) 792-3969	■			■	■				
39. Howe Pond (11 acres) Cranberry Rd., Spencer, Spencer State Forest; (508) 866-6333	■	■		■	■		■		
40. Dunn Pond (20 acres) Smith St., Gardner, Gardner Heritage State Park; (508) 630-1497	■	■		■	■		■	■	■
41. Walker Pond (103 acres) Walker Pond Rd., Sturbridge, Wells State Park (508) 347-9257	■	■	■	■		■			
42. Echo Lake (3 acres) Echo Lake Rd., Princeton, Wachusett Mountain State Reservation; (508) 464-2987					■				
43. Lake Quinsigamond (772 acres) N. Lake Ave., Worcester, Quinsigamond State Park; (508) 755-6880	■	■	■	■			■		
44. Wachusett Reservoir (4135 acres) Clinton, (508) 365-3272	■				■				
45. Dean Pond (6 acres) Westboro Rd., Upton, Upton State Forest; (508) 278-6486					■			■	
46. Rice City Pond (91 acres) E. Hartford Ave., Uxbridge, Blackstone River and Canal Heritage State Park; (508) 278-6486				■	■		■	■	
47. Sudbury Reservoir (1,292 acres) Rt. 30, Marlborough/Southborough; (508) 365-3272	■				■				
48. Ashland Reservoir (155 acres) Ashland, Ashland State Park; (508) 435-4303	■	■	■	■			■		



	Fishing	Swimming	Motor Boating	Non-motorized Boating	Hiking	Camping	Picnic Areas	Nature Study	Ice Skating
<b>49. Pittsfield State Forest, West St., Pittsfield; (413) 442-8992</b>									
Berry Pond (9 acres)					■	■		■	
Ashmere Lake (217 acres)	■		■	■					
<b>50. October Mountain State Forest, Woodland Rd., Lee; (413) 243-1778</b>									
Buckley-Dutton Lake (161 acres)	■			■					
Finerty Pond (23 acres)	■				■			■	
Felton Lake (12 acres)					■			■	
October Mountain Reservoir (64 acres)	■			■	■				
Clapp Pond (12 acres)					■			■	
<b>51. Otis State Forest Rt. 23, East Otis; (413) 269-6002</b>									
Otis Reservoir (1,200 acres)	■	■	■	■					
Upper Spectacle Pond (72 acres)	■			■				■	
Big Pond (331 acres)	■	■	■	■					
<b>52. Sandisfield State Forest, West St., Sandisfield; (413) 528-0904</b>									
York Lake (40 acres)	■	■	■	■			■		
Abbey Lake (37 acres)	■				■			■	
<b>Other Area Lakes</b>									
53. Benedict Pond (35 acres) Beartown Rd., Monterey, Beartown State Forest; (413) 528-0904	■	■		■	■	■	■		
54. Guilder Pond (15 acres) East St., off Rt. 41, Mt. Washington, Mt. Washington State Forest; (413) 528-0330					■				
55. Lake Bray (12 acres) Reservation Rd., Holyoke, Mt. Tom State Reservation (413) 527-4805	■			■	■		■		
56. Robinson Pond (1 acre) North St., Agawam, Robinson State Park (413) 786-2877		■		■			■		
57. Pequot Pond (198 acres) Rt. 202, Westfield, Hampton Ponds State Park (413) 532-3985	■	■	■	■	■		■		
58. Highland Lakes (Upper: 69 acres, Lower: 85 acres) Moore Hill Rd., Goshen, Daughters of the American Revolution State Forest, Goshen; (413) 268-7098	■	■	■	■		■	■		
59. Hallockville Pond (25 acres) Rt. 8A, Hawley/Plainfield, Mohawk Trail State Forest; (413) 339-5504	■			■	■			■	
60. Burnett Pond (17 acres) Savoy Rd., Savoy, Savoy Mountain State Forest; (413) 663-8469	■			■	■				
61. Mauserts Pond (49 acres) Middle Rd., Clarksburg, Clarksburg State Park; (413) 663-8469	■	■		■		■	■		





Commonwealth of Massachusetts  
William F. Weld, Governor  
Paul Cellucci, Lt. Governor  
Executive Office of Environmental Affairs  
Trudy Coxe, Secretary

Massachusetts Department of Environmental Management  
Peter C. Webber, Commissioner  
Metropolitan District Commission  
David B. Balfour, Jr., Commissioner